

**WELCOME!!!**  
to  
**ACCESSING OUR  
COMMUNITY'S SOCIAL  
SERVICES AND SUPPORTS  
FOR CHILDREN AND  
FAMILIES**

Live Webinar

Problems with your connection?  
Join via phone by dialing  
**1-844-992-4726**  
and then entering the access code:  
**120 255 4726**



# MEETING AGENDA

6:00 pm	Welcome	Avery Greene
6:10 pm	Concrete Supports – Food, Housing, Utilities, COVID Resources	Jennifer Wills
	<ul style="list-style-type: none"><li>• <a href="#">Flagler Hospital + Care Connect/Brave</a> – Jennifer Wills</li><li>• Food Insecurity</li><li>• Rent, Housing, Utilities, COVID Resources</li><li>• St Johns County Cares Act</li><li>• <a href="#">Alpha-Omega Miracle Home</a> - Kristin Thomas</li><li>• <a href="#">DCF Economic Self Sufficiency/ACCESS</a> – Christy Gillis</li></ul>	
6:40 pm	Q & A - Concrete Supports	Jennifer Wills
6:50 pm	Behavioral Health and Wellness Resources	Julie Barrow
	<ul style="list-style-type: none"><li>• Online Wellness &amp; SEL Resources – Julie Barrow, SEDNET</li><li>• <a href="#">SJCS School Based Resources</a> – Kelly Battell</li><li>• <a href="#">St. Augustine Youth Services (SAYS)</a> – Amanda Callahan, LCSW</li><li>• <a href="#">Children's Home Society</a> - Lauren Swartek, LMHC</li><li>• <a href="#">YCC</a> - Jazmin Jerome, MSW</li><li>• <a href="#">EPIC</a> – Abby Clukey</li><li>• <a href="#">LSF</a> – David Dolyak</li><li>• <a href="#">SMA Healthcare</a> – Sandra Jackson, MSH, LMHC</li><li>• <a href="#">Big Brothers Big Sisters</a> – Kit Caruso</li></ul>	
7:40 pm	Q & A Behavioral Health and Wellness Resources	Julie Barrow
7:55 pm	Concluding Remarks	Avery Greene
8:00 pm	Resources & Slides will be posted at: <a href="https://www.sjcbhc.com/virtual">https://www.sjcbhc.com/virtual</a>	



# We're With You, Every Step Of The Way

The resources you need are available! We make them easy to  
find.



**Get Connected! →**





# *Alpha-Omega*

## MIRACLE HOME



**Alpha-Omega Miracle Home**

2860 Collins Ave

Saint Augustine, FL 32084

(904) 823-8588

[www.aomh.org](http://www.aomh.org)

<https://www.facebook.com/alphaomegamiraclehome>

# Housing Program for Single Mothers & Their Children



- Established in 1997, our first home opened in 1999. It quickly grew in its reach with the goal of helping single mothers and their children secure stable housing. AOMH provides access to continuing education, stable employment, case management, free counseling with a Licensed Mental Health Counselor, and encouragement from the faith-based community. We provide a dynamic, holistic response to family homelessness. Single mothers between the ages of 18-28 who need a fresh start to gain independence please apply.



# Housing for Senior Women



- In 2009 a low-income, safe housing program for women 60 and over was integrated. Residents receive supportive services from onsite case managers and counselors. The formerly displaced seniors find renewed purpose when paired with young, single mothers and children. Seniors also receive support from the community as churches, businesses, and individuals engage with them. AOMH owns 12 apartments and 2 homes.

# Alpha-Omega Community Diaper Bank



- Founded in 2007 to broadly increase care for homeless and low-income families. Many parents have to choose between buying food or diapers. **Alpha-Omega's Community Diaper Bank provides free diapers, formula, and baby food for families experiencing economic need.** More than 10,000 diapers and wipes were given out last year.

# Alpha-Omega Thrift Stores



- 2 Large Thrift Stores-  
St. Augustine 239 San Marco Blvd &  
Jacksonville 8411 Southside Blvd.
- Proceeds fund the housing program
- Provides unemployed residents a place to develop job readiness skills.
- **AOMH also gives vouchers to community members in need of basic necessities.**
- Please call our main office at 904.823.8588 Monday-Friday 10am-3pm to receive assistance or apply to any of these programs; [www.aomh.org](http://www.aomh.org) or

<https://www.facebook.com/alphaomegamiaclehome>





OFFICE OF ECONOMIC  
SELF-SUFFICIENCY

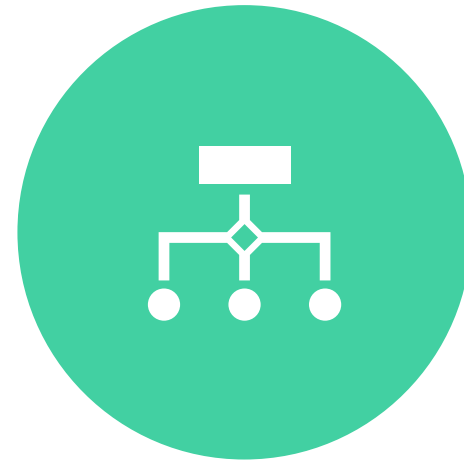
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MYFLFAMILIES.COM

# New Agency-wide Goals



PREVENTION-BASED MODEL VS  
CRISIS RESPONSE



CARE-COORDINATION



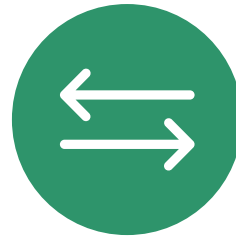
# Integration Network: GOALS



COLLABORATING  
WITH INTERNAL &  
EXTERNAL AGENCIES  
& PARTNERS



ALLEVIATE CRISIS  
IN ORDER TO  
TRANSITION  
TOWARD SELF-  
SUFFICIENCY



IDENTIFY &  
ADDRESS  
BARRIERS TO  
SERVICES



SHORTEN TIME  
CUSTOMERS REMAIN  
IN CRISIS

**FLORIDA  
MEDICAID**



**USDA**  
**S**upplemental  
**N**utrition  
**A**ssistance  
**P**rogram

Putting Healthy Food  
Within Reach

**ESS Resource Provision**



# ESS Integration Manager

## Contact information

Name: Jacinta Murphey

Phone: 386-281-2307



## Integration Email Box:

[NER.ESS.IntegrationNetwork@myflfamilies.com](mailto:NER.ESS.IntegrationNetwork@myflfamilies.com)

## Economic Self-Sufficiency Websites:

<https://www.myflfamilies.com/service-programs/access/>

<https://myflorida.com/accessflorida>

# Parent in Need of Assistance

1-800-96-ABUSE

PARENT IN NEED OF ASSISTANCE

FOR PARENT NEEDS ASSISTANCE, THE REPORTER MUST BE THE PARENT/LEGAL GUARDIAN REQUESTING ASSISTANCE FOR THEMSELVES.







# Q & A

Please Type in the Chat



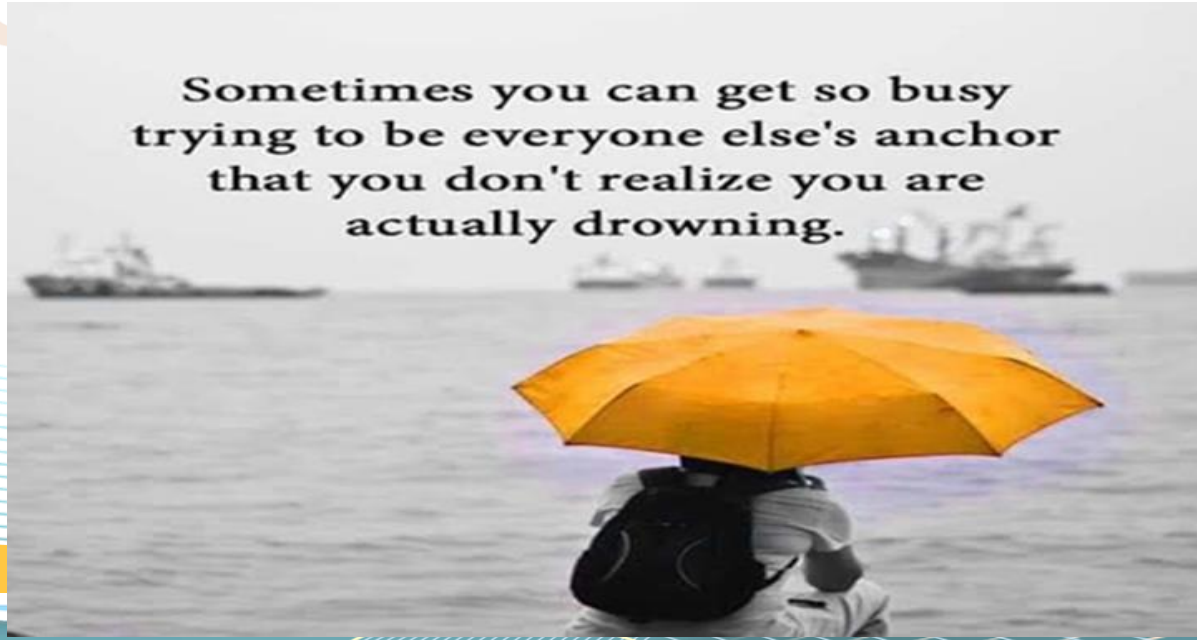
# Let's Fill Up Our Cup!

Julie Bennett Barrow, Ed.S.  
SEDNET Region 12

Serving: Volusia, Flagler, Putnam and St. Johns  
School Districts

Jbbarrow@volusia.k12.fl.us

Sometimes you can get so busy  
trying to be everyone else's anchor  
that you don't realize you are  
actually drowning.



# WHEN ANXIETY WON'T LET UP

If you're taking steps to manage worry and anxiety during the COVID-19 crisis but they don't seem to be helping, there are additional resources you can take advantage of.

## Mental Health Screening

If you feel like you are struggling with your mental health, visit [mhascreening.org](https://mhascreening.org) to check your symptoms.



It's free, private, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

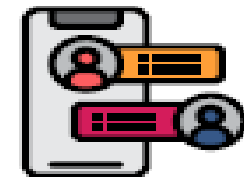
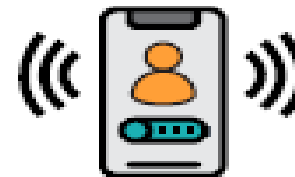
<https://www.mhanational.org/live-b4stage4>

Find more information and resources about COVID-19 and mental health at [mhanational.org/covid19](https://mhanational.org/covid19).

## Crisis Hotlines and Textlines

If you are experiencing emotional distress related to the COVID-19 pandemic, crisis counselors are available 24/7, 365 days a year.

Call 1-800-985-5990  
or text "TalkWithUs" to 66746.



If you are in crisis or thinking about suicide, get connected to a local crisis center and get in touch with someone immediately.

Call 1-800-273-8255 (TALK)  
or text "MHA" to 741741.

<https://www.mhanational.org/live-b4stage4>







<https://screening.mhanational.org/screening-tools>  
<https://www.mhanational.org/get-involved/stress-screener>



## TAKE A MENTAL HEALTH TEST

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

DEPRESSION TEST

ANXIETY TEST

PSYCHOSIS TEST

BIPOLAR TEST

EATING DISORDER TEST

PTSD TEST

PARENT TEST

YOUTH TEST

ADDICTION TEST

PRUEBA DE DEPRESIÓN  
(DEPRESSION TEST -  
SPANISH)

PRUEBA DE ANSIEDAD  
(ANXIETY TEST - SPANISH)

CAREGIVER SURVEY

BETTER CARE FOR ADULTS

WORK HEALTH SURVEY

POSTPARTUM DEPRESSION  
TEST

**Why Invest in Your Mental Health and Wellness?** Creating a foundation for social and emotional learning for youth begins with attending to the well-being and mutual support of our adults and caregivers. Take time to assess your own Mental Health (and your youth's) and enjoy the resources provided online in the privacy of your own home. Take your results and share them with your Primary Care Provider and your Social Support Network. Access online screenings [HERE](#) and tons of DIY personal care resources and toolkits [HERE](#).



**ANXIOUS ABOUT THE CORONAVIRUS? CLICK HERE FOR RESOURCES TO HELP YOU COPE.**

**Help us create better care**  
Click here to take a survey about your experiences with mental and physical health care.

**Share your negative thoughts!**  
Click here to help us collect—and stop—negative thoughts.

**Trouble achieving your goals?**  
Click here to help us understand how mental health problems hold us back.

What is anxiety?  
I can't stop stress eating!  
Talk to a compassionate listener now

Am I crazy?  
Stop hating yourself  
Try this mental health game

What do I do now?  
I can't sleep!  
Where do I find people like me?

No one believes me when I ask for help or say I'm struggling  
I can't deal with pressure and expectations

**MORE ANXIETY INFORMATION**

Should I tell someone I have a mental illness?  
I don't feel like I belong anywhere  
My family members are abusive

I feel anxious about Coronavirus  
What is PTSD?  
How can I find accurate mental health information?

Who can I talk to about my anxiety?  
I think my medication is making me feel  
I'm really angry at the world

Where can I find people like me?  
Letters to Mental Illness  
I'm afraid I'm going to kill myself

**REALIZE WHAT YOU CAN CONTROL**

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

**YOUR MIND AND BODY**

- Keep a healthy diet
- Exercise at home
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene

**YOUR IMMEDIATE ENVIRONMENT**

- Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized
- Make responsible choices about when to leave the house and only go out if necessary
- Limit the number of people you come into contact with
- Work from home if you are able to

**WHAT YOU CONSUME**

- Don't overdo your news and information intake
- Get your information from reliable sources like the CDC or WHO
- Watch TV, movies, and videos that make you feel good

**HOW YOU PREPARE**

- Keep 2-4 weeks of food on hand
- Avoid overstocking on supplies that are in high demand so other people can have enough of the essentials too
- If you take medication, get refills and keep a month's supply at home if possible

**HOW YOU PROTECT YOURSELF**

- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Keep 6 feet of distance between you and anyone who is coughing or sneezing

**HOW YOU PROTECT OTHERS**

- Stay home if you are sick aside from getting medical care
- Cover your coughs and sneezes
- Clean and disinfect frequently touched surfaces

**DETOXIFYING YOUR LIFE**

This worksheet will help you think through ways to create healthy boundaries so you can get rid of toxic influences in your life.

**WHAT IS THE THING THAT YOU NEED TO STOP OR GET OUT OF YOUR LIFE?**  
It can be a person, behavior or situation. Example: I want healthier relationships.

**DISABLER OR HEALTHY**  
Example: I am someone who overreacts. I am someone who is afraid.

**UNCLEAR**  
Example: I am not sure if I am a good person. I am not sure if I am a good person.

**TOXIC OR UNACCEPTABLE**  
Example: I am someone who is abusive. I am someone who is abusive.

**BUILDING CONFIDENCE**

**WHAT CAN YOU SAY TO GIVE YOURSELF A PEP TALK?** Example: I believe in my healthy relationships. I believe in my healthy relationships.

**WHAT CAN YOU SAY TO THE TOXIC INFLUENCE TO SET BOUNDARIES?** Example: I believe in my healthy relationships. I believe in my healthy relationships.

**WHAT CAN YOU DO AND SAY TO REINFORCE YOUR BOUNDARIES OR CREATE HEALTHY DISTANCE?** Example: I believe in my healthy relationships. I believe in my healthy relationships.

**THE PATH TO CALM**

**Pause**  
Step 1: Pause  
Instead of acting on feelings right away, stop yourself and think things through. Count to 100 or say the alphabet backwards.

**Acknowledge**  
Step 2: Acknowledge what you're feeling  
For example, are you mad at someone, or are you sad? Whatever your feelings were, hurt by what they did? Whatever it is that you are feeling, it is ok to feel that way.

**Think**  
Step 3: Think  
Now that you have taken a few moments to figure out what exactly it is that you are feeling, think about how you can make yourself feel better.

**Help**  
Step 4: Help  
Take an action to help yourself based upon what you came up with in the "Think" step.

**MLIA B4Stage4**



Get Passionate about  
The Five Protective Factors for Resilient Children  
Learn More at: <https://www.ounce.org/CAPMonth.html>



**ACEs can have devastating impacts on long term health**

When a child experiences adverse childhood experiences (ACEs), it can have life-long consequences for physical and mental health. But, one caring adult can make a difference. That's why we know building protective factors in parents, communities and businesses is important.



## Why Social and Emotional Learning (SEL) and Mindfulness?

Participating in SEL and Mindfulness activities **fosters a strong culture of safety and security** that improves self-regulation and self-awareness. Practicing these techniques increases attention and provides a strengthened ability to focus, resulting in increased executive functioning, reduced anxiety and aggression, improved peer relationships and greater empathy and connectedness.

Category	Description	Website
Mindfulness	Mindful Schools Website - 10 free sessions	<a href="https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/">https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/</a>
Mindfulness	Breathing, Yoga, Mindfulness Practice Links – Virtual Calming – 100s of links	<a href="https://sites.google.com/apps.district279.org/virtualcalmingroom/guided-practice">https://sites.google.com/apps.district279.org/virtualcalmingroom/guided-practice</a>
Mindfulness	Music, Guided Meditation, Relaxation, Puzzles, Games, Mindfulness, Coloring Pages, Animal Cams – Virtual Calming	<a href="https://sites.google.com/cnused.k12.ca.us/cnusedvirtualcalmingroom/home">https://sites.google.com/cnused.k12.ca.us/cnusedvirtualcalmingroom/home</a>
Mindfulness	Elementary and Secondary Guided Practices with lots of links	<a href="https://district196org.finalsite.com/about/calm-room/guided-practice">https://district196org.finalsite.com/about/calm-room/guided-practice</a>
Mindfulness	GoNoodle - Stress Relief (search YouTube for their fun 2 to 5 Minute brain breaks)	<a href="https://family.gonoodle.com/activities/melting">https://family.gonoodle.com/activities/melting</a>
SEL	100s of free remote learning SEL links	<a href="https://selproviders.casel.org/sel-resources/">https://selproviders.casel.org/sel-resources/</a>
SEL	Brain Pop: SEL-themed movies, learning games, and creative activities	<a href="https://www.brainpop.com/social-emotional-learning/">https://www.brainpop.com/social-emotional-learning/</a>
SEL	Links to Conscious Discipline Supports also used by SJCS	<a href="https://consciousdiscipline.com/free-resources/">https://consciousdiscipline.com/free-resources/</a>
SEL	Compassion, Character, Mental Wellness: Free Digital SEL Lessons	<a href="https://everfi.com/partners/k-12-educators/social-emotional-learning/">https://everfi.com/partners/k-12-educators/social-emotional-learning/</a>
COVID	Back to school worksheets and resources for youth, teachers and parents	<a href="https://mhanational.org/back-school-2020-toolkit-download">https://mhanational.org/back-school-2020-toolkit-download</a>
COVID	Extensive links to videos, toolkits, activities to use at home	<a href="https://www.ffcmh.org/covid-19-resources-for-parents">https://www.ffcmh.org/covid-19-resources-for-parents</a>
COVID	Downloadable workbook for children and adults with worksheets, tips, and guides	<a href="http://www.7-dippity.com/docs/Helping-Children-Cope-with-COVID-19-(7-Dippity-Web-Version).pdf">http://www.7-dippity.com/docs/Helping-Children-Cope-with-COVID-19-(7-Dippity-Web-Version).pdf</a>

# Resources for Caregivers



- Mental Health America: <https://screening.mhanational.org/>
- Remembering Jordan: <https://www.rememberingjordan.org/programs/fresh-check-days/>
- NIH 5 Things You Should Know About Stress: <https://www.nimh.nih.gov/health/publications/stress/index.shtml>
- ProQol self-assessment on provider self-care, and obtained by using this link:  
[http://proqol.org/uploads/ProQOL\\_5\\_English\\_Self-Score\\_3-2012.pdf](http://proqol.org/uploads/ProQOL_5_English_Self-Score_3-2012.pdf)
- Life Stress Test from Dr. Tim Lowenstein at [www.stressmarket.co](http://www.stressmarket.co) and found at  
<http://www.compassionfatigue.org/pages/selftest.html>
- <http://www.sednetfl.info/Resources.aspx>
- <https://www.myflfamilies.com/service-programs/samh/get-help.shtml>
- <https://hes-extraordinary.com/de-escalation-techniques>
- <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>
- <http://www.fldoe.org/em-response/resources-families.stml>
- <https://www.centervention.com/social-emotional-learning-activities/> FREE SEL Resources
- <https://ggie.berkeley.edu/practices/> Best Practices in School Mental Health
- <https://mhanational.org/covid19>
- <https://www.nami.org/covid-19-guide>
- <https://www.acesconnection.com/g/aces-in-education/blog/aces-in-education-and-covid-19>
- <https://safesupportivelearning.ed.gov/>
- <https://www.whoisjay.org/mental-health-resources/>
- <https://www.psychu.org/resource-library>
- <https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.html>



# Student Services

# MENTAL HEALTH RESOURCES



**Mental Health and Wellness Portal**  
**[www.stjohns.k12.fl.us/mental-health](http://www.stjohns.k12.fl.us/mental-health)**



# Mental Health and Wellness Portal

## [www.stjohns.k12.fl.us/mental-health](http://www.stjohns.k12.fl.us/mental-health)



### COVID-19

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

[More Information](#)

### ABC's

ABC's in St. Johns County schools refers to Attendance, Behavior and Character Counts!

[More Information](#)

### B.R.A.V.E.

"Be Resilient and Voice Emotions"

[More Information](#)

### Baker Act

Impairment of the mental or emotional processes that exercise conscious control of one's actions or of the ability to perceive or understand reality.

[More Information](#)

### Bullying Prevention

Unwanted and repeated written, verbal, or physical behavior, including any threatening, insulting, or dehumanizing gesture, by a student or adult.

[More Information](#)

### Child Abuse

Intentional act that could reasonably be expected to result in physical or mental injury to a child.

[More Information](#)

### Childhood Trauma

When a child feels intensely threatened by an event he or she is involved in or witnesses.

[More Information](#)

### Community Resources

Available to support families outside of the academic day.

[More Information](#)

### Counseling

Mental health professionals that assist families and connect them to community mental health resources.

[More Information](#)

### Crisis Response

A team that focuses on addressing the emotional effects that may accompany a traumatic event.

### Grief, Loss and Bereavement

Coping with the loss of a loved one in different ways.

### Homeless

Provide activities for, and services to, homeless children, including preschool-age and unaccompanied youth.

### MTSS / RtI

An assessment and intervention process for systematically monitoring student progress and making decisions.

[More Information](#)

### Peer Support Groups

Peer support groups in St. Johns County School District include Link Crew, WEB (which stands for "Where Everybody Belongs"), and Sources of Strength.

[More Information](#)

### Physical and Mental Health Correlation

Positive mental health is as critical to academic success as physical well-being.

[More Information](#)

### Required Instruction for Students

Three State Board of Education rules related to health education topics have recently been approved for implementation.

[More Information](#)

### Social Emotional Learning

Process to manage emotions, achieve positive goals, feel and show empathy for others, have positive relationships, and make responsible decisions.

[More Information](#)

### Substance Abuse

The harmful pattern of using substances—such as tobacco, alcohol, illicit drugs, and prescription drugs.

[More Information](#)

### Suicide Prevention

Suicidal thoughts or behaviors are both damaging and dangerous. Get resources for yourself or a loved one.

[More Information](#)

### Threat Assessment

Behavioral approach to violence prevention that focuses on threats and other forms of student conflict.

[More Information](#)

### Youth Mental Health First Aid

Designed for adults who interact with young people experiencing a mental health or addictions challenge.

[More Information](#)

**CONCERNED ABOUT  
A STUDENT?**



People Who Can Help

School Counselor

School Social Worker

School Administrator

Call

Your School

Student Services (904) 547-7797

or the

Mobile Crisis Response Team

2-1-1 or 9-1-1

## DID YOU KNOW?



- School lunches and breakfasts are free for ALL students (including Distance Learners) through December 18, 2020.
- The SJCSD Website has
  - Parent Resource Guides
  - Student Progression Plans
  - ESE Resources
  - Links to all school websites
  - And much, much more!

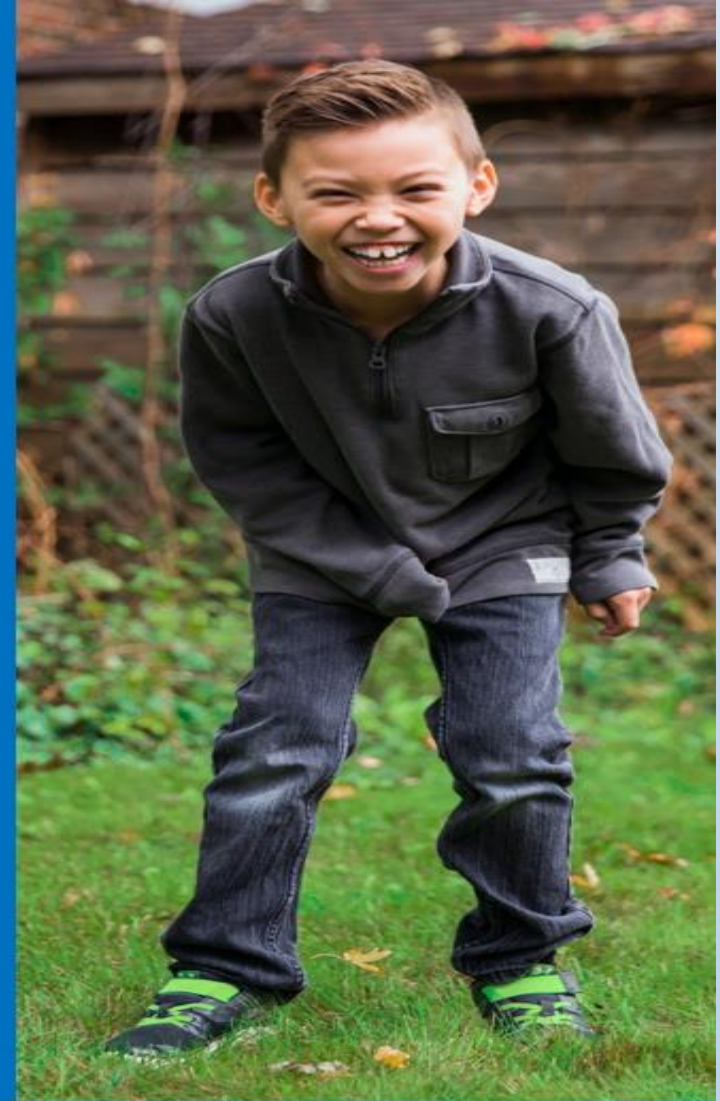
# St. Augustine Youth Services Community Programs

PROVIDING A  
**CHANCE TO HEAL**

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“

We are driven by a belief that  
with proper tools and support  
every child can thrive, regardless  
of their circumstances.





# Wraparound Case Management

## Targeted Case Management

- Assist youth and their families in navigating the behavioral health services available in St. Johns County.
- Assessing, linking, advocating, planning, and monitoring St. Johns County youth and family needs to meet identified goals.
- TCM seeks to wrap services around the youth and family to include all support systems (e.g. family, case worker, GAL, mentor, SAYS team).

## Transitional Life Coach

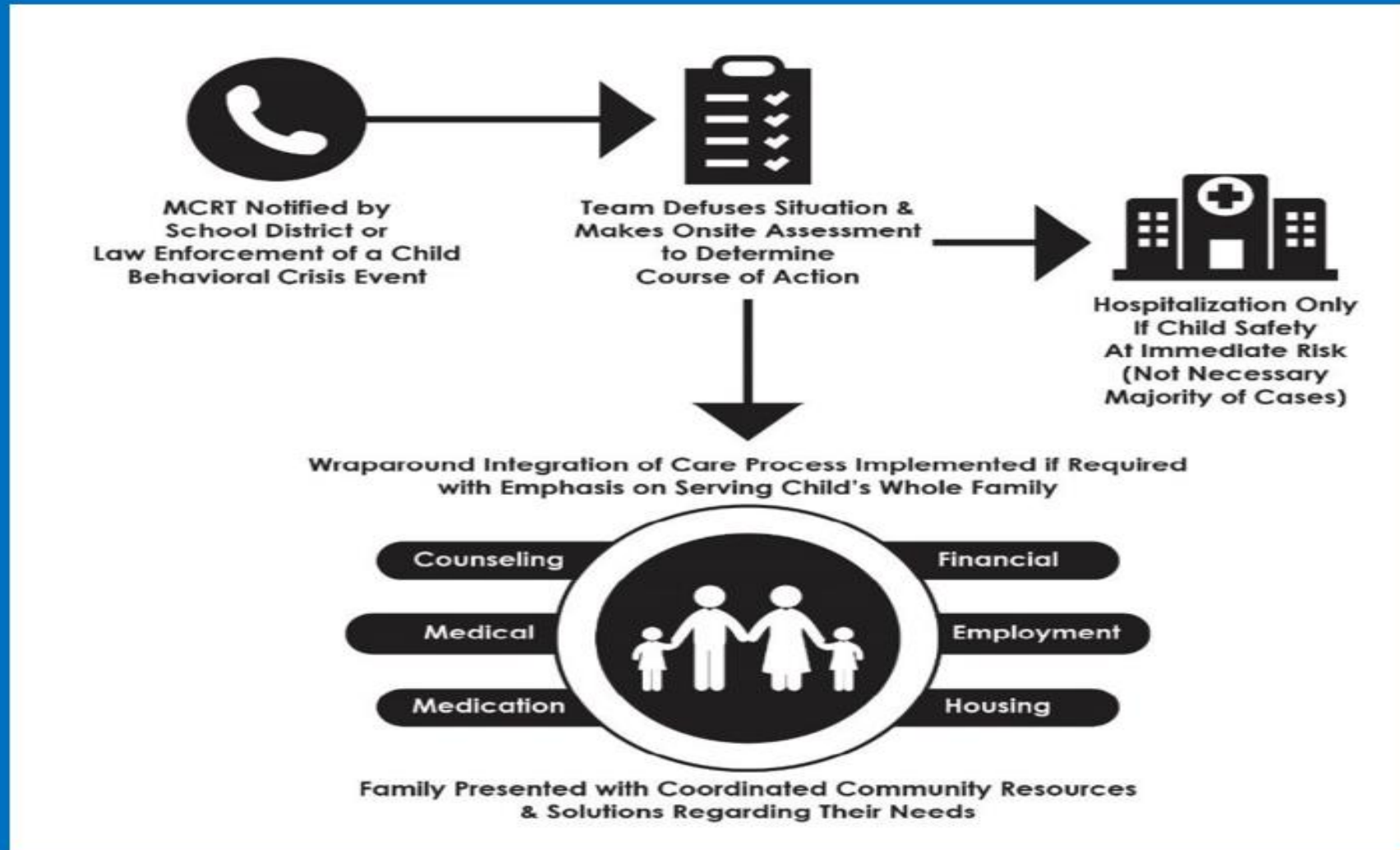
- Our Transitional Life Coaches (TLC) program supports youth, ages 16-25.
- Tapping into St. Johns, Volusia, Flagler, and Putnam county community services, TLCs help youth overcome and manage life challenges including: housing, educational needs, employment, and medical and behavioral health concerns.

Referrals can be sent to:

[FredB@sayskids.org](mailto:FredB@sayskids.org)    904-829-1770

Or access the website: [www.sayskids.org](http://www.sayskids.org)

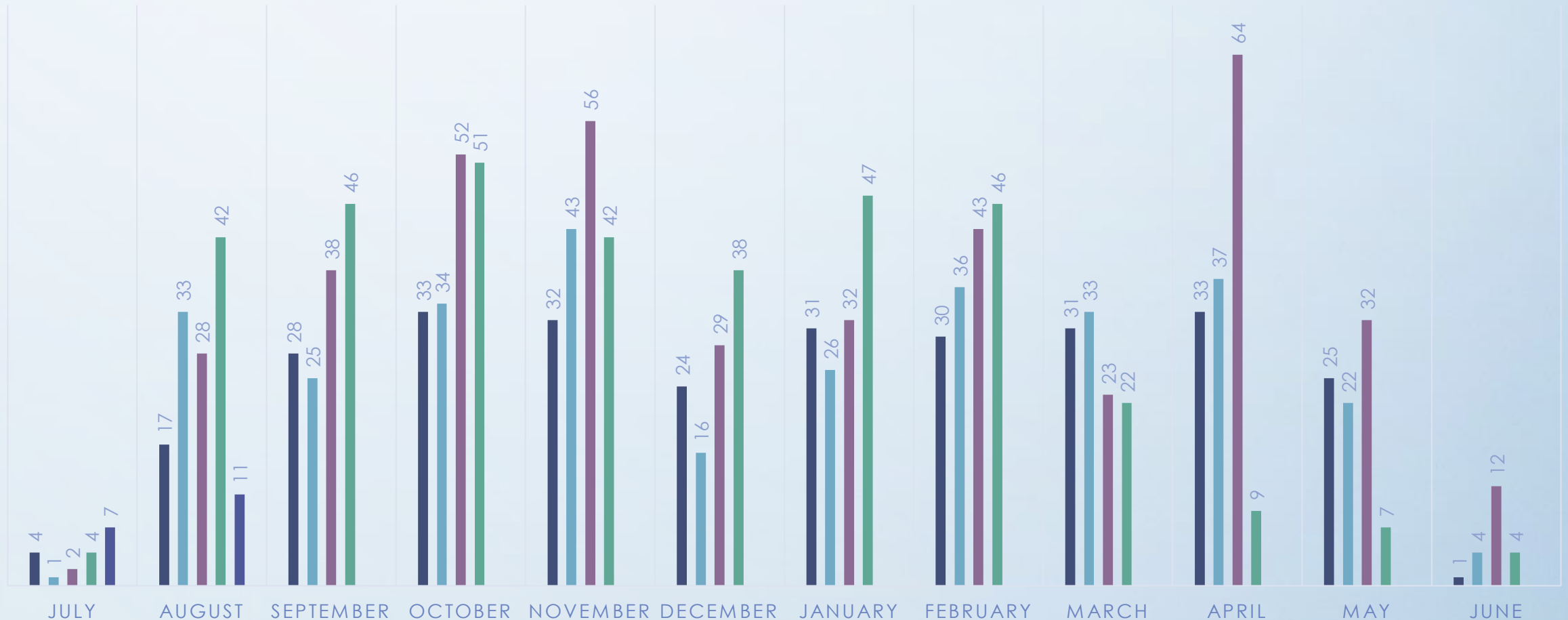
# Mobile Response Team (MRT)



# Goal: Reduce the number of involuntary hospitalizations (Baker Acts)

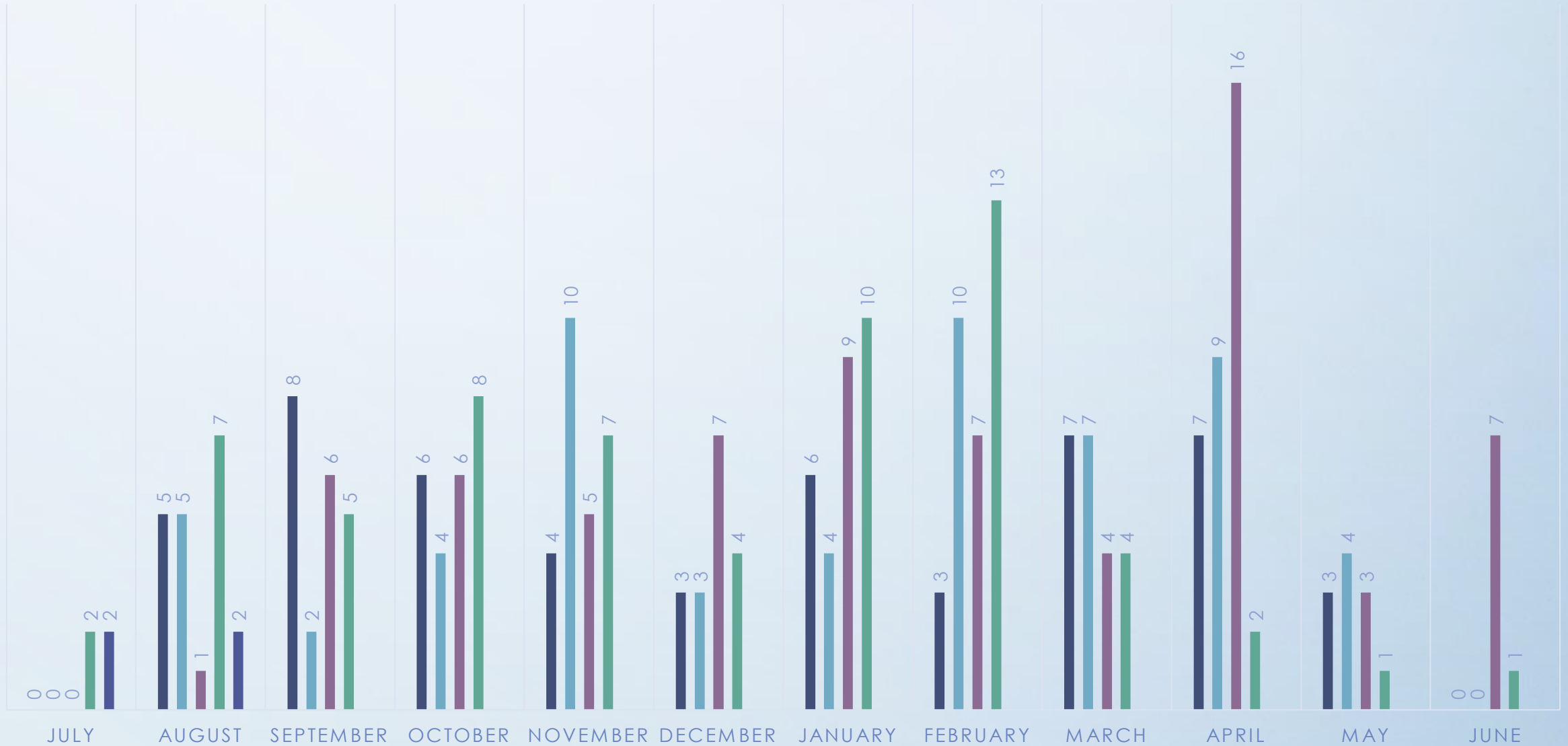
## ASSESSMENTS

■ 2016-2017 ■ 2017-2018 ■ 2018-2019 ■ 2019-2020 ■ 2020-2021



# MRT BAKER ACTS

■ 2016-2017 ■ 2017-2018 ■ 2018-2019 ■ 2019-2020 ■ 2020-2021





# Community Action Team (C.A.T.)

CAT is a safe and effective alternative to out-of-home placement for children ages 11-21 with serious mental health conditions.

Based on a family-centered approach, the team -- consisting of a Team Leader, Mental Health Clinicians, a Psychiatrist, a Registered Nurse, Therapeutic Mentors, Family Support Partner and a Case Manager -- works collaboratively to deliver behavioral health services and assists the family in developing or strengthening their natural support system.

Upon successful completion, the family should have the skills and natural support system needed to maintain improvements made during services.

Referrals can be made by phone: 904-547-2098 or email to [amandac@sayskids.org](mailto:amandac@sayskids.org)  
Or visit our website: [www.sayskids.org](http://www.sayskids.org)

# Children's Home Society of Florida



Presenter: Lauren Swartek, LMHC  
Licensed Clinical Program Supervisor for St. John's County Outpatient

# Clinical Counseling

- Counseling can take place in office, in school, in home, in the community, or by telehealth in Duval, Nassau, Clay and St. Johns counties.
- Medicaid accepted
- Individual, Group, and Family Counseling
- Specialized therapeutic treatment includes
  - Infant Mental Health Counseling
  - Trauma Focused-Cognitive Behavioral Therapy
  - Play Therapy
- To refer, contact [buckner.clinical@chsfl.org](mailto:buckner.clinical@chsfl.org) or <https://www.chsfl.org/services/counseling/>

# Targeted Case Management

- Targeted Case Managers work with children and families to assess their needs and help make referrals to community resources.
- Children and Adult Services Available
- To qualify, an individual must have Medicaid, and have
  - 1) Behavioral or emotional difficulties at home and/or school;
  - OR 2) A diagnosis that is not a developmental challenge;
  - OR 3) Destructive behaviors that may cause self-harm or harm to others.
- To refer, contact [NortheastTCM@chsfl.org](mailto:NortheastTCM@chsfl.org)



# Early Childhood Programs

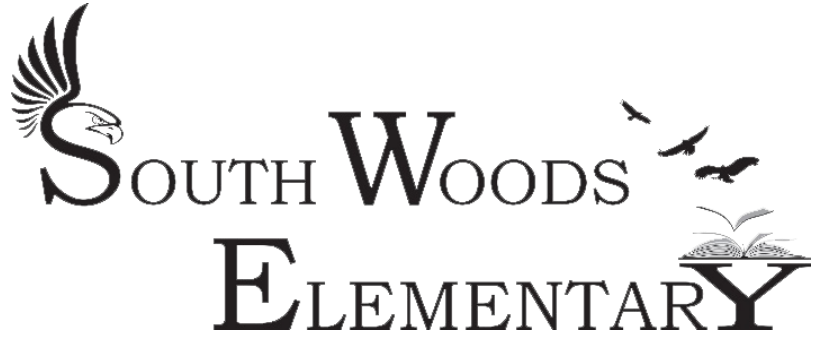
## Healthy Start

- Families who are pregnant and/or have a baby under 12 months at-risk for poor health options
- Parenting Education, Breastfeeding Support, Family Planning, Child Development
- To make a referral, contact: [Jessica.boone@chsfl.org](mailto:Jessica.boone@chsfl.org) or 904-616-6097

## Healthy Families

- Expectant mothers or mother of an infant 3 months old or younger at-risk for child abuse/neglect
- Safety best practice, Safe Sleep, Stress Management, Life Skills, Child Development
- To make a referral, contact: [Michelle.Damon@chsfl.org](mailto:Michelle.Damon@chsfl.org) or 904-210-5928

# Community Partnership Schools



- Partnerships with St. John's Co. Schools, Flagler Hospital, St. John's River State College
- Community Partnership Schools address students' holistic needs, recognizing their unique challenges – and opportunities
  - On-site access to health and wellness services, Counseling, Leadership Opportunities, Parent Resources
  - Increased graduation rates, increased student achievement, improved attendance, improved parent involvement, community support

# *BRAND NEW!* CHS Family Support Warm Line

Our CHS Family Support Warm Line is a resource for families in our communities in need of extra support and guidance during this uncertain time. If you are looking for confidential counseling or other CHS services, our Warm Line is here 24/7 via call, text or at [www.chsfl.org/support](http://www.chsfl.org/support).



## CALL

Our counselors are available to talk on the phone 24 hours, 7 days a week.

**Call us today at  
1-888-733-6303**

All calls are free and confidential.

CALL US HERE



## TEXT

Our counselors are available to talk using text messaging 24 hours, 7 days a week.

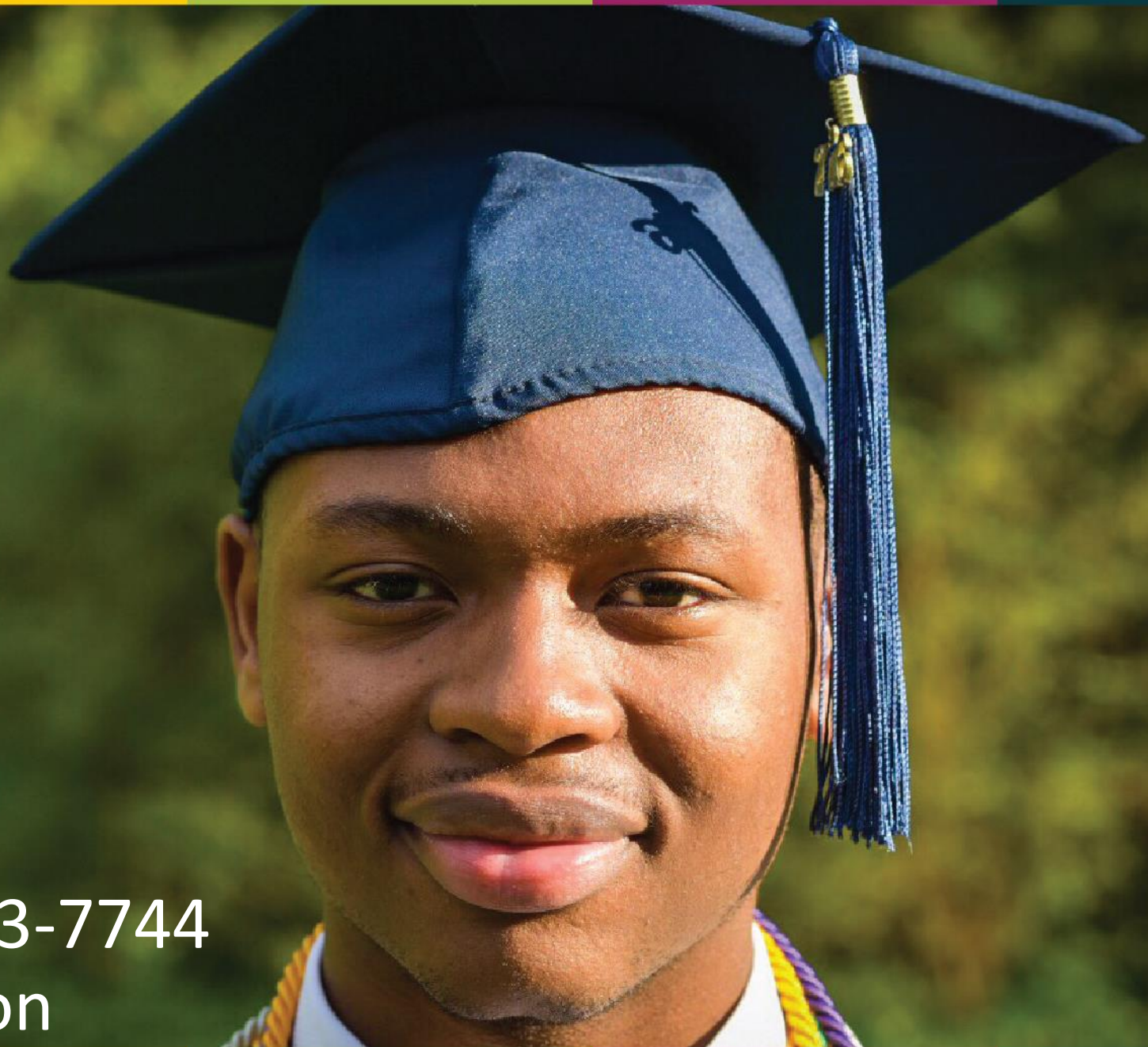
**Text us today at  
1-888-733-6303**

All texts are free and confidential.

TEXT US HERE



**Children's Home Society  
of Florida**



Thank you!  
Please call (904) 493-7744  
for more information





# YouthCrisisCenter

Embracing Families. Transforming Lives.

**Direct:** 904.725.6662

**Crisis Hotline:** 904.725.6662 (option 1)

**Toll:** 1.877.720.0007

**Fax:** 904.724.8513

**Website:** <https://youthcrisiscenter.org/>

**General Email:** [info@ycc.org](mailto:info@ycc.org)

## YCC Mission

**To build a healthier community by empowering young people and families to rise above adversity.**

## YCC Vision

**A stronger community through stronger families.**

# Residential Crisis Care

Our Residential Crisis Care Program offers support and guidance for clients ages 10-17 that are having behavior concerns at home and school, threatening to run away, have run away, homeless, ungovernable, truant and are in need of respite care services. Clients receive Individual, Family, and Group Therapy. In addition, if needed youth can receive a psychiatric evaluation. Duval County School is offered on-site and follows the DCPS calendar. This program is provided at NO COST to the family.



# Outpatient Behavioral Health Program

- ▶ Our Outpatient Behavioral Health program serves ages three and up, including family members of any age.
- ▶ This program provides counseling for a myriad of behavioral and mental health concerns through individual, family, group, and couples counseling.
- ▶ Psychiatric evaluations and medication management sessions are also provided.



# Residential Services

Our Residential Crisis Care Program offers support and guidance for clients ages 10-17 that are having behavior concerns at home and school, threatening to run away, have run away, homeless, ungovernable, truant and are in need of respite care services. Clients receive Individual, Family, and Group Therapy. In addition, if needed youth can receive a psychiatric evaluation. Duval County School is offered on-site and follows the DCPS calendar. This program is provided at NO COST to the family.

## Touchstone Village Duval

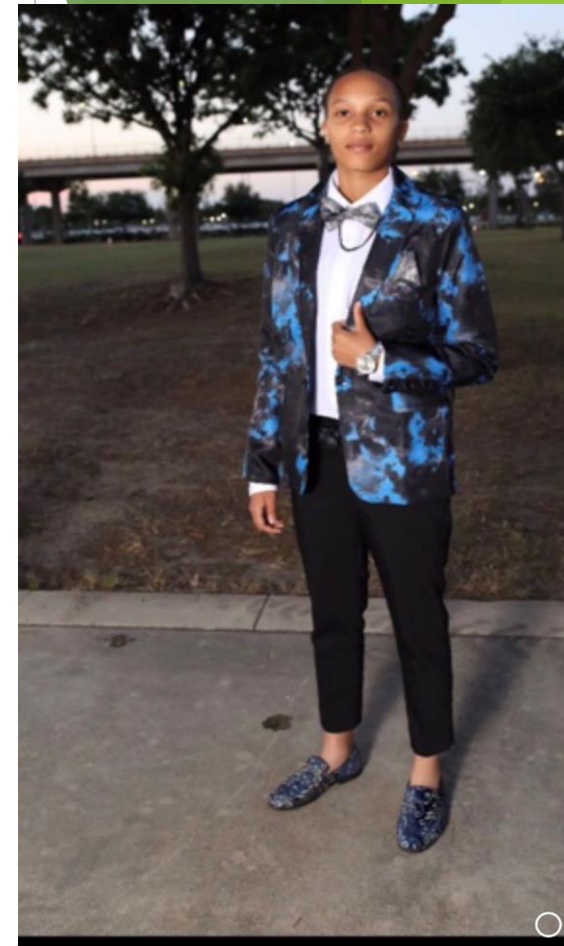
Touchstone Village provides transitional living services to young adults ages 18-21 who may be homeless or in a variety of other situations which limit self-sufficiency.

## Touchstone Village Clay

Touchstone Village Clay works in partnership with Moosehaven in Clay County. Transitional living services are provided to young adults, ages 18-21, who may be homeless or at risk of becoming homeless and in need of independent living skills training

## House of Hope

The House of Hope program provides emergency shelter services to homeless young adults ages 18-24, including the LGBTQ population. This includes short-term shelter housing, case management, life and career development skills training and outpatient therapeutic services.





# Family Link Non-Residential

The Family Link program provides professional and compassionate short-term outpatient counseling services to families with children ages 6 - 17 who are experiencing any concern that disrupts the health and stability of the family. Our therapists provide counseling to more than 600 youth and their families annually. Services are at no charge to the family. Family Link services are provided in Baker, Clay, Duval, St Johns, and Nassau counties.



# Intensive Case Management

This program serves youth ages 6-17 who are chronically truant, running away, and/or are ungovernable. This program operates on a Strength-Based perspective to help youth and families strengthen and manage the quality of their lives by; engaging the family, advocating on their behalf, initiating change agent activities, helping to access supports in the community, and promoting positive personal development for the youth and guardian thru Intensive Case Management.



# Stop Now and Plan (SNAP)

SNAP (Stop Now and Plan) is an Evidence-Based, Skills-Based Program that helps children ages 6-11, and their parents learn how to effectively manage their emotions and “keep problems small”. This gender-specific program is 13 weeks long, during the evening, with meals and sibling care provided at no cost. This program is designed for children who are engaging in aggressive, anti-social behavior and/or have come into problematic contact with authority figures at school or in the community.

## SNAP For Schools

SNAP for Schools (SNAP-S) is based on SNAP, CDI’s award-winning early intervention model. This well-developed program is delivered to students ages 6-11, focusing on developing SNAP skills to promote a positive change in behavior. The 13-week in-class program covers topics such as managing anger, handling group/peer pressure and dealing with bullying. The program also offers classroom interventions for all students who will benefit from the universal skills learned in the SNAP classroom sessions.



# EPIC BEHAVIORAL HEALTHCARE



**MISSION:** To strengthen our community by providing person-centered care to individuals and families impacted by substance use and mental health disorders, and other behaviors through a comprehensive system of Education, Prevention, Intervention, and Counseling.

**VISION:** The primary leader of quality, comprehensive behavioral healthcare in our community.



# THINK! FOR SUCCESS

- Designed for adolescents who are experimenting with drugs and alcohol, and who need to learn about the legal, social, and personal implications of their behavior
- Evidenced-based Curriculum including Botvin LifeSkills Training reduce substance use, aggression and violence along with Stanford University's Substance Use Prevention Toolkit to teach students about risky behavior with alcohol and drugs
- Telehealth groups or individual education sessions provided due to COVID via Zoom
- Includes – Assessment, individual and family session, 8 education sessions and an exit session
- No cost



# ANGER MANAGEMENT

- Evidenced-based curriculum through the Substance Abuse and Mental Health Services Administration to help identify stressors, steps to help one stay calm, and coping skills to handle tense situations in a constructive, positive way
- Level One – 1 workshop (\$25)
- Level Two - assessment and 8 sessions (\$200)
- Teen and adult classes offered
- Telehealth group education sessions provided due to COVID via Zoom



# CATCH MY BREATH

- Evidence-based program created by The University of Texas Health Science Center at Houston School of Public Health, [CATCH My Breath™](#), is a youth e-cigarette, JUUL, and vape prevention program. Students will show a significant increase in knowledge of the dangers of vaping and an increase in positive perceptions about choosing a vape-free lifestyle.
- Ages: 12-18; Middle and High School Groups
- Duration: four lessons, 30-40 minutes
- Community based
- No cost.



# ACTIVE PARENTING

- Evidence-based program designed for parents who are looking to increase their knowledge and skills needed in parenting
- Active Parenting: First Five Years
  - Assessment, 4 sessions and an exit
- Active Parenting: Middle Years
  - Assessment, 6 sessions and an exit
- Active Parenting: Teens
  - Assessment, 6 sessions and an exit
- Telehealth groups or individual education sessions provided due to COVID via Zoom
- No cost



# ST. JOHNS COUNTY COMMUNITY BEHAVIORAL HEALTH

- Person-centered approach: we put the client at the center of their treatment and respect freedom to make their own choices
- Types of counseling (mental health and substance use):
  - Individual – including SJC School-Based MH Counseling Services & Children's Case Management
  - Family
  - Relationship
  - Available for children, teen and adults
- Care Coordination, Recovery Peer Support, Community Based Programs
- Private insurance, Medicaid, fee for service and sliding scale available
- 4 locations - Northwest (off of CR 210), North (Lewis Speedway), Central (Old Dixie Hwy), South - EPIC Recovery Center (Substance Use Detox and Residential Services - US I South)



**WWW.EPICBH.ORG**

**ABBY CLUKEY, PREVENTION EDUCATOR**

**(904) 829-2273**

**PREVENTION@EPICBH.ORG**





HEALTH  
SYSTEMS

**LSF Health Systems**  
**9428 Baymeadows Rd, Suite**  
**320, Jacksonville, FL 32256**

**24/7 Access to Care 1-877-229-9098**



# LSF Health Systems

## WHO WE ARE

**LSF Health Systems** is one of seven behavioral health Managing Entities (ME) contracted by the Florida Department of Children and Families to manage the state-funded system of behavioral health care for people who face poverty and are without insurance. Our providers care for people who face the most vulnerable situations and do not have insurance. This includes children, adults, and families who lack the financial resources to afford care. Our goal is to ensure that every child and adult in need receive the right service, at the right time, and in the right setting.

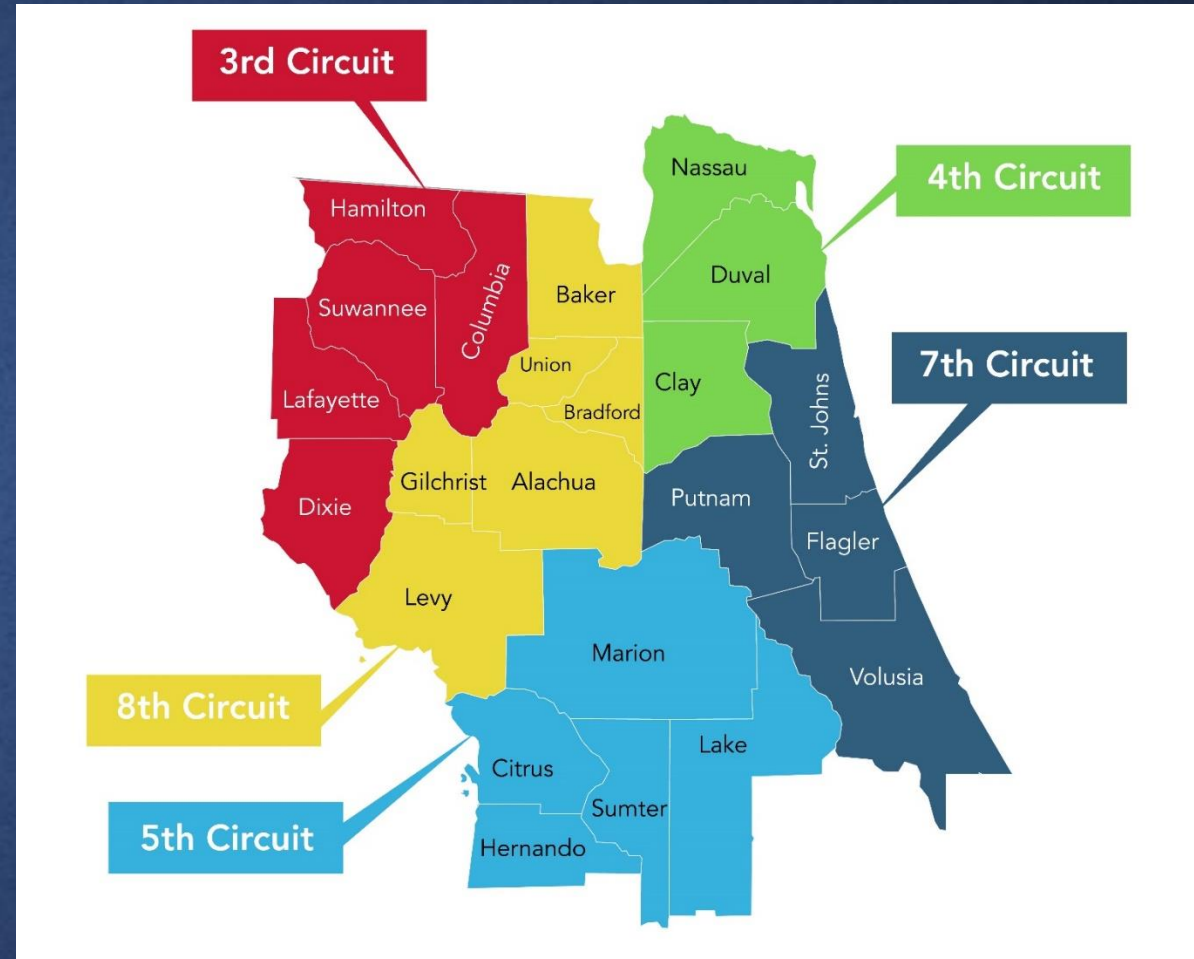


# LSF Health Systems

**Our Vision:** Every child, adult, and family has access to quality behavioral health care in the communities we serve.

**Our Mission:** To ensure a quality behavioral health care network built on integrity, innovation and collaboration.

LSF Health Systems serves a 23-county region in  
Northeast and North Central Florida.







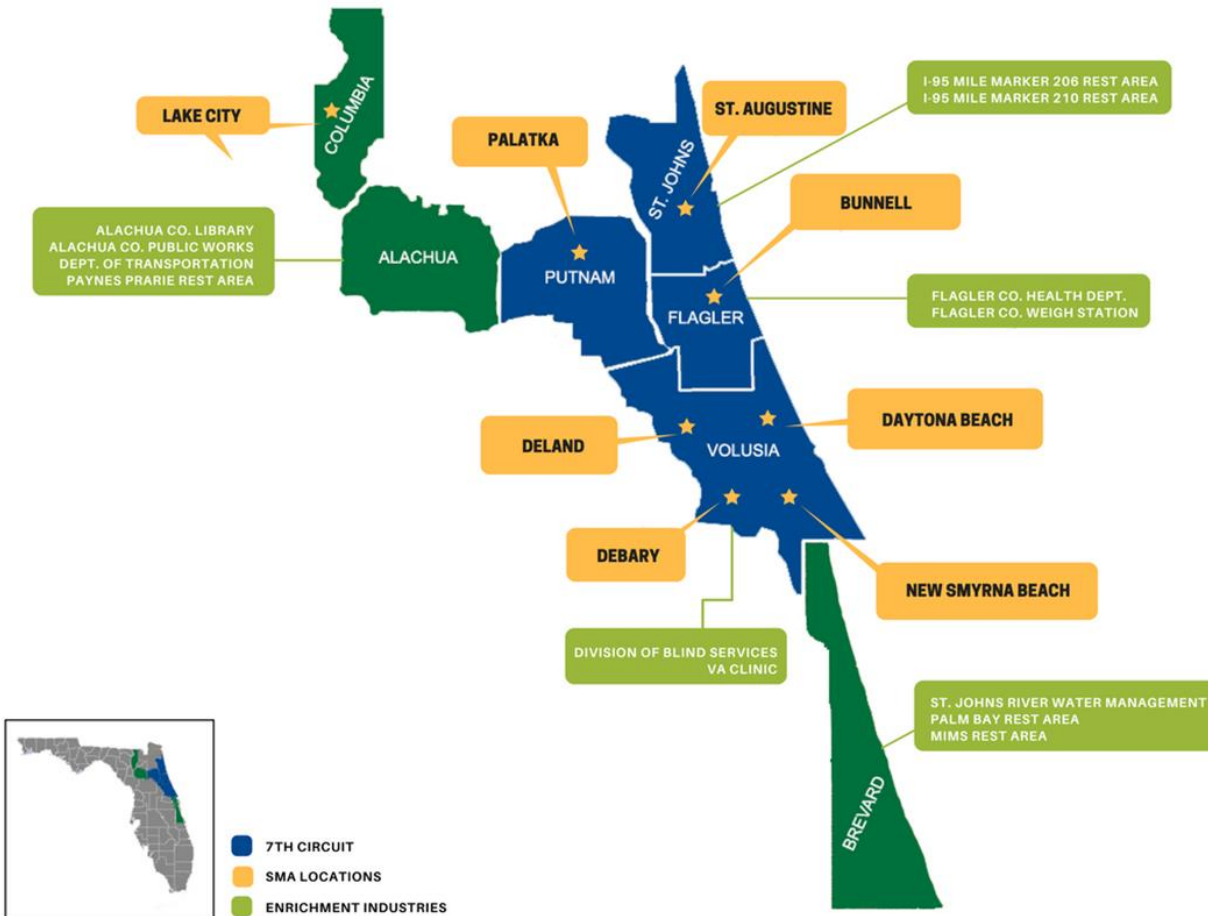
HEALTH  
SYSTEMS

[www.lsfhealthsystems.org](http://www.lsfhealthsystems.org)

**24/7 Access to Care 1-877-229-9098**



# Transforming Lives Through Hope and Healing



SMA Healthcare is proud to be the leader of behavioral healthcare services in our communities. With more than 50 years of experience in the industry, SMA Healthcare provides a full continuum of exceptional and comprehensive services for individuals suffering from mental illness and/or addiction in Flagler, Putnam, St. Johns, and Volusia Counties.

**Our Mission:** Improve lives through exceptional substance abuse and/or mental health services.



## Services Offered by SMA Healthcare

- Walk-in Crisis Counseling, Screening and Triage
- Family Counseling
- Individual Counseling for Mental Health or Substance Use
- Residential services for adolescents at our RAP Program
- Care Coordination
- Community Outreach
- Psychiatric Medication Management for ALL ages
- No Wait List for Counseling for Children and Adolescents
- Family and Patient Education Program
- Linkage and Referral to Primary Care Providers
- Adult Drop-In Center for Support and Assistance



# Transforming Lives Through Hope and Healing

•Are you, your child, or someone you care about experiencing.....

- Depression
- Trouble focusing
- Family conflict
- School Struggles
- Impulsive behaviors
- Anxiety or Panic Attacks
- Trauma
- Suicidal Thoughts/Attempts
- Alcohol or other Drug Use
- Legal or Court Issues
- Child Welfare/DCF Involvement?

Not sure what to do?

Call SMA Healthcare and make an appointment, or stop in and see us at one of our locations and we will support you to come up with a plan that works best for you.

SMA Healthcare Locations:

<https://smahealthcare.org/locations-contact/>

SMA Healthcare accepts Medicaid, Medicare, most commercial insurances and individuals may apply for a sliding fee scale.





# St. Johns County

We can provide services anywhere! Whether it is at our offices or through eCare, our telehealth services, we can meet your needs!

Care Center  
200 San Sebastian View, Ste 2102  
St Augustine, FL 32084

Adult Drop In Center  
920 SR 16  
St Augustine, FL 32084





# Get Connected

- For more info on SMA Healthcare, visit: [smahealthcare.org](https://smahealthcare.org)
- For info on eCare/Telehealth, visit: <https://yoursma.org/> or email [ecare@smahealthcare.org](mailto:ecare@smahealthcare.org)
- Business Hours Phone Number: **904-209-6200**
- 24/7 Access Center Hotline: **800-539-4228**

## SMA Healthcare Social Media



[SMAHealthcare](#)



[smahealthcare](#)



[SMAHealthcare](#)



[SMAHealthcare](#)



[SMAHealthcare](#)



# Big Brothers Big Sisters®

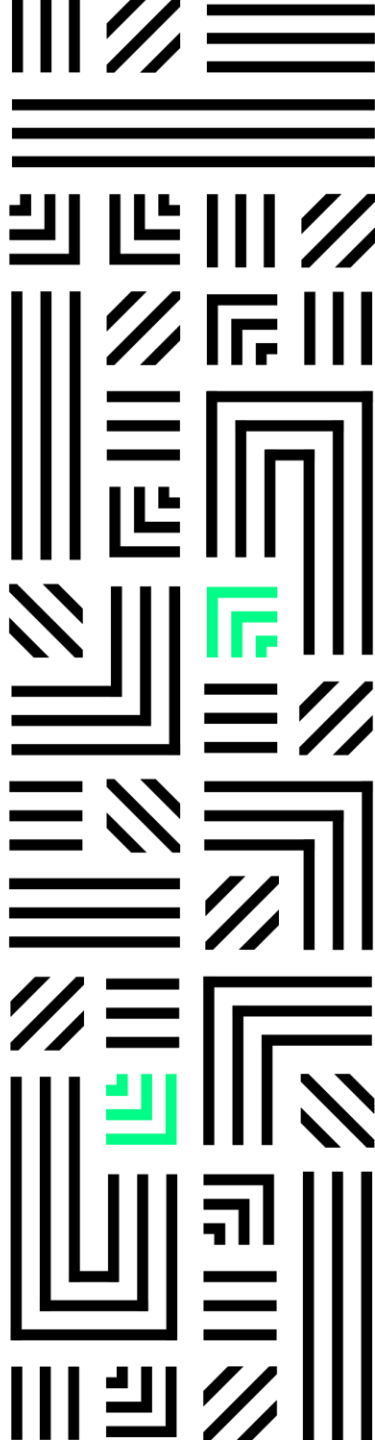
OF ST. JOHNS COUNTY

**We Are Defenders of Potential!**



# Our Programs

- ➡ **Our Mission:** Create and support 1 to 1 mentoring relationships that ignite the power and promise of youth.
- ➡ Site Based- Matches meet for up to 1 hour per week at the child's school or after school program
- ➡ Community Based- Matches meet 2-3 times per month out in the community
- ➡ **Your child's safety is important to us! All volunteers go through an interview and background screening which includes FBI fingerprinting.**





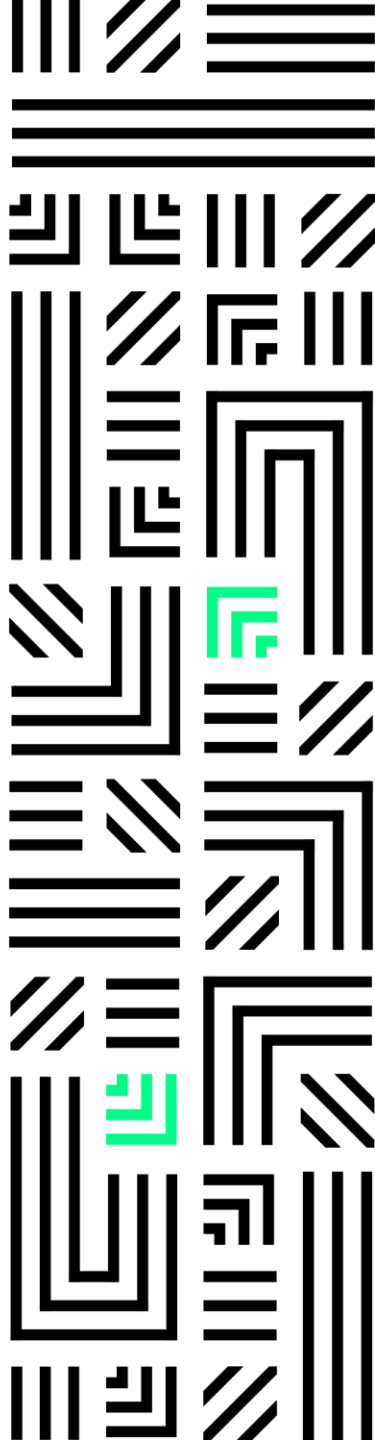
# Our Littles

- We enroll youth ages 6-12 years old
- Reside in Saint Johns County
- Need for additional support of caring adult



## Positive Impacts of Mentoring

- ➡ Increase academic performance and social competency
- ➡ Prepares for post-secondary education to improve economic outcomes
- ➡ Prepares for post-secondary education to improve economic outcomes
- ➡ Reduces absenteeism and engaging in risky behavior (i.e., alcohol and drug use)
- ➡



# Ready to enroll your child?



1400 Old Dixie Highway  
St Augustine Florida 32084

Office: (904) 829-9986  
[www.bbbsstjohns.org](http://www.bbbsstjohns.org)



# Q & A

Please type in the Q&A Option  
in the chat





# Q & A Responses

**Q: Where can I find information about school choice?**

**A:** School resources <https://www.stjohns.k12.fl.us/choice/>  
FLDOE resources <http://www.fldoe.org/schools/school-choice/>

**Q: Where can I find information about background screened respite services a few hours a week for a child with Autism?**

**A1:** Consider inquiring at child's school to see if any Para's or Educators would be interested.

**A2:** Center for Autism and Related Disabilities - UF Jacksonville  
Serving: Baker, Clay, Duval, Flagler, Nassau, and St. Johns.  
Main line: 904-633-0760 or 1-800-9-AUTISM

For resources: <http://www.hscj.ufl.edu/pediatrics/autism/>  
Facebook: <https://www.facebook.com/AutismJacksonville/>

**A3:** YCC has started a new program that may be able help [info@ycc.org](mailto:info@ycc.org)

**A4:** Reach out to your insurance provider/managed care and request respite or contact the Agency for Persons with Disabilities at <https://apd.myflorida.com>

**Q: What is 211 and do we have one for St. Johns County?**

**A:** 211 is a non crisis hotline that will connect you with all types of services in your area (legal, housing, food, education, behavioral health, medical) you can also navigate these resources at <https://unitedwaynefl.org/get-help/>

**Q: Is there an inpatient substance abuse treatment program with beds available for youth?**

**A:** SMA Healthcare's Residential Adolescent Program in Volusia currently has beds available call 24/7 at [1-800-539-4228](tel:1-800-539-4228) or <https://smahealthcare.org/services/residential-services/>





Thank you to all our presenters and the  
**AMAZING** Families who participated this  
evening!

**Slides and resources will be posted at**  
<https://www.stjohns.k12.fl.us/ese/advisory/>  
<https://www.sjcbhc.com/virtual>







**You are invited to join future virtual ESE Parent Advisory Board Meetings. Contact Avery Greene for an invitation [avery.greene@stjohns.k12.fl.us](mailto:avery.greene@stjohns.k12.fl.us)**

**Topic: STRESS MANAGEMENT FOR CAREGIVERS OF STUDENTS WITH DISABILITIES**

Presenter: Sandra M. Rebeor, Psy.D., M.S.H.S.

Date/Time: 11/10/2020 from 6:00 pm – 7:30 pm

**Topic: GUARDIANSHIP: HOW TO BEST PROTECT YOUR CHILD WHEN HE OR SHE TURNS 18**

Presenter: Stephen Furnari, Florida Attorney, Founder of GuardianProject.US

Date/Time: 01/05/2021 from 6:00 pm – 7:30 pm

**Topic: ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD): DIAGNOSTIC CRITERIA, SYMPTOMS, & STRATEGIES**

Presenter: Lisa D. Bailey, Ph.D.

Date/Time: 02/02/2021 from 6:00 pm – 7:30 pm

**Topic: ANXIETY: DIAGNOSTIC CRITERIA, SYMPTOMS, & STRATEGIES**

Presenter: Sarah Dew-Reeves, Ph.D.

Date/Time: 03/02/2021 from 6:00 pm – 7:30 pm

**Topic: SOLUTIONS TO HELP CHILDREN COPE WITH STRESS**

Presenters: Dr. Thomas Romero and Dr. Lexie Romero

Date/Time: 04/06/2021 from 6:00 pm – 7:30 pm

